

# Cornwall Healthy Schools Newsletter

## October 2011

Welcome to the CHS newsletter we hope you had a restful half-term.

## Training update

We still have a couple of places left on **Teaching Drug and Alcohol Education with Confidence in the Primary School training on 2nd November**, here at HPS in Pool - see our [training pages](#) for more information. The training is **free**, refreshments and lunch are provided and you'll be given a free copy of the resource (£99.00) for the school. Great HS Plus project.

## Upcoming dates for the diary:

**Our ever popular drop-in days,**

Come and meet your school support worker, have access to a computer to work on your Annual Audit or kick around ideas for HS Plus,

**Tuesday 15th November at St Erth School (West of County)**

**Thursday 17th November at Menheniot School (East of County)**

**9th December** [Sociograms with Dr Robin Banerjee](#). (10.00am - 3.00pm Epiphany House, Truro) A fantastic opportunity to meet one of the leading researchers and thinkers in the field of EHWB and children. **Not to be missed.**

**Active Club Training**

**12th January 2012 at Portreath Surf Life Saving Club (West of County)**

**1st May 2012 venue to be confirmed (East of County).** Find out more about [Active Club Training](#)

## Heartstart News

The [BHF Heartstart Emergency Life Saving Skills courses](#) continue to take off around the county. Bex has been offering training all over the county this term and courses are getting going in lots of schools. We now have 17 school schemes up and running and 5 other community schemes in place. [Contact Bex](#) for upcoming training dates in November.

**New** version of the **Ordinary Day DVD** is now available - existing Heartstart schemes can now get an updated version of the Ordinary Day training DVD (which takes into account the Resuscitation Council CPR Guidelines). Contact the BHF orderline 0870 600 6566 or e mail [orderline@bhf.org.uk](mailto:orderline@bhf.org.uk) quoting reference **DVD17/0611**

Have you signed [the petition](#) to get ELS skills training onto the curriculum yet?

## A new look for the CHS website

The [CHS website front page](#) has had a makeover to highlight our ever expanding list of dedicated websites and to make navigation to key areas easier - let us know what you think.

## Annual Audit

We launched the [Annual Audit](#) in September and are delighted that we got an [overwhelmingly positive response](#) from HS colleagues in schools who attended the training. There are now **over 70 schools** already using the tool and planning their HS Plus work. We have responded to feedback and made some minor changes to functionality and are now sharing the audit with other healthy schools programmes up country who are interested in following our lead.

## Families in it Together (FIT)

In October we trained our first group of FIT facilitators as part of our desire to support schools to run their own healthier lifestyles groups for

children and families and build capacity and sustainability. It was an exciting moment in the development of FIT and we look forward to training more facilitators in the spring from the schools we are working with this term and next. More information about [FIT](#).

Fans of **Take 10, Daily Physical Activity in the Classroom**, will want to try out their latest resource and we have access to their on-line trial - for [more information](#)

## Visiting Speakers in Schools

At the moment PSHE appears to be in limbo as we await the outcome of the government review / consultation. We've been thinking a lot about PSHE along with other colleagues working in drugs and alcohol and relationships and sex education discussing with them the use of visiting speakers to help deliver PSHE. There are many excellent groups and individuals out there who do a terrific job but we've been wondering about the practicalities of having some sort of Quality Assurance process for schools to ensure that outside speakers are offering **accurate and appropriate messages** to pupils. It seems that more and more groups are offering support to schools but are they always the best choice? [We'd be interested to know what you think](#). In the meantime we have some basic information about [how to get the best from using visitors in the classroom](#).

## Health Inequalities Strategy 2011 - 2016

The PCT and the Council have just launched the [Health Inequalities Strategy for 2011 - 2016](#). Schools are an important setting for helping to tackle such inequalities and tackling health inequalities is a great way of raising aspiration and achievement in school. [Healthy Schools Plus](#) has a strong inequalities focus supporting schools to address key areas of need in your own communities.

## Mental Health Matters Conference 21st October 2011

Jilly and Cheryl took **ReSET (Resilience and Self-Esteem Toolkit)** to this terrific event organised by the ECM team in St Ives. There was a really good turn out from schools and health professionals for the excellent speakers and workshops around children's emotional wellbeing. There was a great deal of interest in the ReSET resources which are proving very popular with schools. Find out more about [ReSET](#).

**Have a great run up to Christmas and all the end of term festivities that entails. Please contact us if there anything we can do to support your wellbeing work in school.**

Kate and the Team

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